BIOCHEMICAL IMPORTANCE

Absence or relative deficiency of vitamin in the diet leads to characteristic deficiency states and disease. deficiency of a single vitamin B complex is rare, since poor diets are most often associated with **multiple deficiency** states, nevertheless, definite syndromes are characteristic of deficiencies of specific vitamins. Among the water soluble vitamins the states are recognized beriberi (thiamine deficiency), following deficiencies cheilosis, glossitis, seborrhea, and photophobia (riboflavin deficiency); pellagra (niacin deficiency), peripheral neuritis (doxine deficiency), megaloblastic anemia, methyl melonic aciduria, and pericions anemia (cobalamin deficiency), megaloblastic anemia (folic acid deficiency) and scurvy (ascorbic acid deficiency). Vitamin deficiencies are avoided by consumptions of food of a wide variety in adequate amounts